

# Norovirus

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## What is it?

- Noroviruses are viruses that cause diarrhea and/or nausea and vomiting.
- Often called “stomach flu”.
- Previously known as “Norwalk” or “Norwalk-like” virus.
- Anyone can get a Norovirus.
- You may suddenly develop vomiting, diarrhea, and fever within 1 to 2 days of being infected with the virus.
- Vomiting, diarrhea and fever may last about 24 to 48 hours.
- You can become very ill because of fluid loss.

## How is it spread?

- Most of the time the virus is spread by putting something in your mouth that has been contaminated with the stool or vomit of an infected person.
- The virus can be carried on hands to anything that is touched. Clean your hands well and often.
- Norovirus can remain alive in the environment from 8 hours up to 7 days.
- An infected person will continue to spread the virus for 48 hours after the nausea, vomiting and diarrhea stops. **Please do not visit patients in the hospital until 48 hours after getting better.**

## Is there treatment for it?

- There is no specific medicine to treat the virus. Drink plenty of fluids and rest.
- Contact your doctor or health care provider if you become very ill and lose too much fluid.

## What can be done to prevent the spread of it?

- Clean your hands. Cleaning your hands well and often is the best way to prevent the spread of Norovirus. Clean hands before and after using the toilet, before preparing or eating meals and after changing diapers.
- Dispose of diapers in a sanitary manner.
- Clean surfaces that are touched often and clean diaper change areas after each use with a disinfectant.
- Clean bathrooms after episodes of diarrhea and vomiting.
- Wash fruits and vegetables well before eating.

## For more information

Public Health Agency of Canada

<http://www.phac-aspc.gc.ca/fs-sa/fs-fi/norovirus-eng.php>

**Stop the spread of germs and infection.  
Clean your hands.**

